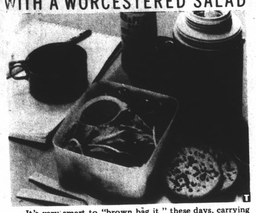
'BROWN BAG IT' WITH A WORCESTERED SALAD



It's very smart to "brown bag it," these days, carrying your own made-to-order lunch to work. Not only do you save money, but you know that you are eating good, natural foods. If you're concerned about your figure, you can pack a lunch as flavorful and low-calorie as Worcestered Tuna and Bean Sprout Salad.

You can use a minimum of oil when you season your salads with the original Worcestershire sauce. This is a carefully aged blend of several kinds of aromatic ingredients—all natural—which lend zip to less flavorful meats, fish or vegetables.

You can vary this salad in all kinds of ways, counting calories too. Keep a little jar of lemon juice, oil, Lea & Perrins sauce and salt in the refrigerator and make lunch box salads of cold chicken or turkey, mushrooms, cucumbers, celery and comparable low-calorie vegetables.

WORCESTERED TUNA-BEAN SPROUT SALAD

1 can (6 to 7 oz.) water packed tuna, drained and flaked
1 cup bean sprouts
1/2 cup green peppers cut in 1/4-inch chunks
2 tablespoons lemon juice
1 teaspoon oil
1/2 teaspoon salt
1/2 teaspoon original Worcestershire Sauce
1/2 cup cherry tomatoes

In a medium bowl combine tuna, bean sprouts and green peppers. Add lemon juice, oil, salt and Worcestershire sauce; toss well. Pack into plastic containers along with cherry tomatoes. Keep chilled. Serve with a lemon wedge and crackers, if desired.

Yield: 2 portions; 165 calories per portion.

Perform a death-defying act.

Eat less saturated fat.
American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

Perform a death-defying act.

Have your blood pressure checked.
American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

Americans Fight Heart Attack

Americans are fighting back. U.S. mortality data in 1975 showed the lowest overall death rate ever recorded in this country. This is due in part to the decline in fatal heart attack and stroke.

Research has discovered several risk factors leading to heart attack, some which can be modified or controlled. Still, more people died of heart and blood vessel diseases than died of cancer, accidents, pneumonia and influenza, diabetes and all other causes of death combined.

Many things can be done to lessen the chances of having a heart attack. An individual should evaluate his or her lifestyle and reduce risk factors through good health habits.

Knowing the leading risk factors of heart attack and reducing them, if possible, can lead to a longer, healthier life. An American Heart Association spokesman said, "It's best to begin following good health habits at a young age, since long-term habits are often difficult to break.

"High blood pressure, smoking, a diet high in saturated fats and cholesterol, lack of regular, moderate exercise and a stressful lifestyle are risk factors that contribute to heart attack. All of these risk factors can be altered."

Prevention of heart attack is not always possible, of course, but reducing chances of dying of a heart attack is. Now, more than ever before, a person who suffers a heart attack has a better chance of surviving. In 1975 approximately 350,000 people died before they reached the hospital, either because they denied the fact that they were having a heart attack, or because they were ignorant of the heart attack signals.

These signals are:

An uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting two minutes or more; the pain may spread to the shoulders, neck or arms; severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur. Sharp stabbing twinges of pain are usually not signals of heart attack.

If these signals last two minutes or longer, the local emergency medical service should be called. If this is not possible, the heart attack victim should get to the nearest hospital emergency room with 24-hour cardiac care as quickly as possible.

A wallet card listing the signals of heart attack, and providing space for the emergency rescue service telephone number, is available from most Heart Associations.

If a person suffers cardiac arrest – stops breathing and the heart stops beating – a trained individual should administer cardiopulmonary resuscitation (CPR), a combination of chest compression and mouth-to-mouth breathing. It is taught by instructors who are certified by the Heart Association. Persons interested in learning CPR should contact the local Heart Association for more information on where training is available.

The American Heart Association is offering this information to help people live healthy lives and to continue reducing the cardiovascular disease death rate. Research and educational and community programs are funded by personal contributions from the public to the Heart Association.

Your child's sore throat may be nothing to worry about – or it might be a "strep" infection. Without proper treatment, it could lead to rheumatic fever and rheumatic heart disease. Ask your local Heart Association.

The programs of the American Heart Association work to save the hearts of people too healthy to die. Give to the Heart Campaign.

SUDDEN DEATH — SAVING LIVES WITH CPR

Sudden death . . . being with a person whose heart has stopped beating can be a horrifying experience. But you may be able to save that person if you know cardiopulmonary resuscitation (CPR).

Thousands of lives could be saved every year if at least one person in every family knew CPR. The American Heart Association thinks that person should be you. Learning the technique takes several hours, but knowing it can save a life.

CPR is a basic life-saving measure used to revive a person whose heart has stopped beating – a condition called cardiac arrest. A combination of mouth-to-mouth breathing and chest compression, CPR can be learned by just about anyone.

This life support keeps a victim breathing and blood circulating throughout the body after the heart has stopped, until he can be transferred to a hospital with emergency cardiac care. In Seattle, where 75,000 persons have been trained in CPR, 514 lives were saved in the first five years of an intensive program.

The American Heart Association, depending solely on contributions from private citizens, has developed a Basic Life Support Program which teaches CPR to local police, fire, rescue services and private citizens.

Does your community offer a CPR course? Would you know what to do if your father, mother or spouse suffered cardiac arrest? Check with your local Heart Association for information about CPR. Know what to do when someone's heart stops beating. The American Heart Association is fighting for your life, but they need your help.

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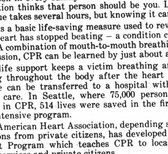

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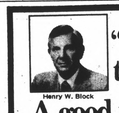

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Where happy things happen.

photo by Joe Vaughan

MISS BARBARA JEAN HENSLEY

Engagement Announced

Mr. and Mrs. Thomas Hensley of Appomattox proudly announce the engagement of their daughter, Barbara Jean, to Vic Reynolds Daughtry of Appomattox, son of Mrs. Jean Wehler and step-son of Mr. Frank Y. Wehler, Jr. of Norfolk.

The wedding will take place March 11, 1978 at 2 o'clock in the afternoon in New Hope Baptist Church in Vera.

Although no invitations are being sent, friends and relatives are invited to attend.

Engagement Announced

Miss Jennings, Mr. Loveday To Wed

Mr. and Mrs. Jack Derbin of Lynchburg, announce the engagement of their daughter, Willa Jean, of Appomattox, to Richard Allan Coe of Lynchburg, son of Mr. and Mrs. John Henry Coe of Pittsburgh, Pennsylvania.

Miss Derbin was graduated from Brookville High School and received a B.S. degree from Longwood College in elementary education. She is employed by the Appomattox County School Board. Miss Derbin, is also the granddaughter of the late Mr. and Mrs. James Berkeley Drinkard of Appomattox County.

Mr. Coe received a B.S. degree in mechanical engineering from Carnegie-Mellon University, Pittsburgh, Pa. He is employed by Babcock and Wilcox.

The wedding is planned for June 24.

Mr. and Mrs. David O. Jennings of Charlotte Court House are announcing the engagement of their daughter, Kathryn Dianne, to David Jones Loveday, the son of Mr. and Mrs. James J. Loveday of Pamplin.

Miss Jennings is a senior at Randolph - Henry High School in Charlotte Court House.

Mr. Loveday is a 1976 graduate of Randolph-Henry High School.

No date has been set for the wedding.

Delta Zeta Chapter Sweetheart Dance

The Delta Zeta Chapter of Beta Sigma Phi will sponsor again its annual Sweetheart Dance on Feb. 10 from 9 until 1 at the Avalon Club. Music will be provided by the Lynchburg Express.

Mr. Ronnie Spiggle, master of ceremonies, will highlight the evening by crowning the Sweetheart Queen.

Invitations are now being issued by members of the Delta Zeta Chapter.

A. A. MEETING
TUESDAYS, 8:00 P.M.
ST. ANNE'S
EPISCOPAL CHURCH.

SIX APPOMATTOX STUDENTS ON JAMES MADISON HONOR ROLL

HARRISONBURG - The Dean's List at James Madison University for the fall semester of the 1977-78 academic year has been announced.

Six students from Appomattox were named to the Dean's List. They are Warren K. Coleman, Richard M. Ferguson, Paulette F. Franklin, Michael S. Gallier, Rita G. Inge, and Emmitt W. Paulette.

To qualify for the honor of being placed on the Dean's List, a student must have a grade-point average of at least 3.25 on a 4.0 scale and carry a course load of at least 14 hours.

NAMED TO HONOR ROLL

John William Chambers, Jr. of Red House was named recently to The University of Mississippi Chancellor's Honor Roll for the fall semester.

A grade-point average of 3.7 and 4.0 is required of full-time students carrying at least 14 semester hours for listing on the Chancellor's Honor Roll.

SOCIETY

Those visiting with Mrs. Irvin Moses recently were Mr. and Mrs. Len Love, Mr. and Mrs. Earl Wilkerson, Mrs. Margaret D. O'Brien and Mrs. Emma Lemon, Mr. and Mrs. L. C. Garrett, Miss Gerlynn and Miss Betty Garrett, Billy Elliott, of Lynchburg, Mr. and Mrs. Bob C. Garett and son, Jeff, Mrs. Teddy Garrett and daughter, Cindy, Mrs. Hugh Mitchell, Mr. and Mrs. R. B. Spiggle, and Mr. S. R. Deaner of Jettersville, Va.

* * *

Mrs. S. J. Evans left Monday morning for an extended visit with her son-in-law and daughter, Mr. and Mrs. C. D. Thomas, in Pascagoula, Mississippi.

* * *

Miss Cathy Paulette has returned to the University of Virginia after spending the Christmas and New Year Holiday season with her parents, Mr. and Mrs. Ronald Paulette of Rt. 1, Appomattox.

* * *

Mr. J. A. Smith is a patient in Virginia Baptist Hospital where he underwent surgery on Monday of this week.

* * *

Mark D. Marshall, son of Mr. and Mrs. Ben Marshall, has returned to classes at James Madison University. David Marshall has returned to the College of William and Mary where he is a junior.

* * *

Sunday dinner guests in the home of Mr. and Mrs. Herman Puckett were Mr. and Mrs. Junior Puckett and family and Mr. and Mrs. Emmett Knight.

* * *

Mrs. Cecilia Ayers and her daughter, Darlene, of Kansas City, Kansas, spent last week with Mrs. Ayers' parents, Mr. and Mrs. Herman Puckett. Mrs. Ayers returned home Saturday. Darlene remained for a longer visit with relatives.

* * *

Local Retired Teachers To Meet Feb. 7

The Appomattox County Retired Teachers will hold a luncheon meeting at noon on Tuesday, February 7, at Maudes Restaurant.

Following the luncheon, a business meeting will be held and a program presented.

Full attendance is desired.

Inflation - Fighting IDEAS
TIPS TO HELP YOU

Fuel Efficiency

You can insulate your budget from some of your fuel bills' assaults, if you know ways to keep inside temperatures in, and outside out.

To keep your heating and cooling efforts from going up the chimney, always be sure the fireplace damper is closed when the fire is not lit. Use bath and kitchen ventilating fans only as needed.

INSULATION AND INGENUITY can help you save a cool amount on your fuel bills.

An Ageless Problem for Young People: Heart Disease

Mention "heart disease" and many people think of heart attack, or problems that happen in "old age." But parents of the more than 25,000 babies each year born with congenital heart defects know better.

So do the parents of the 100,000 children with rheumatic heart disease, or the thousands who died from it last year.

And so do thousands of Americans who, at a young age, perhaps in their most productive years, are stricken by diseases of the heart and blood vessels.

So do thousands of researchers and doctors – many supported by the American Heart Association – working to treat or prevent these diseases.

Congenital Heart Defects

Congenital heart defects – malformations existing at birth – are a concern of the American Heart Association. There are many types of congenital heart defects. Each may occur alone, or in combination with other defects.

One medical volunteer for the American Heart Association pointed out that a child with a congenital heart defect now has a better chance than ever of surviving, and living a life of high quality." Advances in surgery have increased the survival rate impressively," he commented. "A child with congenital heart disease has a good chance of living a normal, healthy life."

In most cases, it is not known what makes the heart develop abnormally before birth. Heredity is being studied. There is evidence that if the mother's diet is not adequate, her unborn child may be affected, so good nutrition is of course advisable during pregnancy.

German measles – rubella – can also cause heart damage in the unborn child. All persons who have not had the illness – but particularly women of childbearing age who are not already pregnant – should be immunized. To be safe, a woman should be immunized several months before becoming pregnant.

Rheumatic Heart Disease

Often, parents do not think of strep infection as a crippler. And it isn't, if treated promptly with antibiotics. But untreated, it can lead to rheumatic fever, which in turn can cause rheumatic heart disease and scarring of the heart valves.

"Prevention is the best medicine," commented the Heart volunteer. "If all strep infections were treated, rheumatic heart disease could be stopped before it starts." For those who do contract rheumatic fever, however, long-term antibiotic therapy is recommended.

Heart Disease: Now and Later

Many heart problems, of course, do not appear until much later in life. But a parent may be able to help keep a child's heart healthy – and possibly prevent a heart attack in years to come – by guiding the child in heart-healthy habits now.

Commented the Heart volunteer, "Children form lifetime habits by observing examples that are set for them. If there's no smoking in the home, if meals are low in saturated fats and cholesterol, the risk of developing heart disease may be reduced.

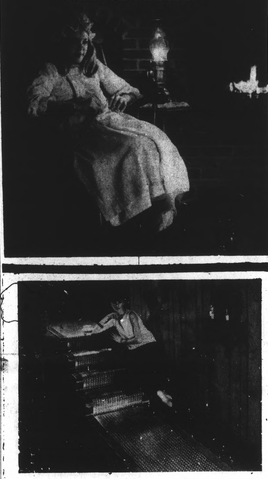
"We've found hardening of the arteries in teenagers, and high blood pressure in young children. Prudent measures can forestall the tragedies which result from the conditions – or perhaps prevent the condition from developing."

The Future

It depends on research – like that which is supported by the Heart Association. Concluded the Heart volunteer, "More money is needed for research, for education of the public and for more Heart Association community programs so we can continue to fight for our children's lives, now and later."

The local Heart Association's annual fund drive will be conducted in February.

R.E. Pankey
CREATIVE PHOTOGRAPHY
Appomattox, Virginia Phone 804-352-8201



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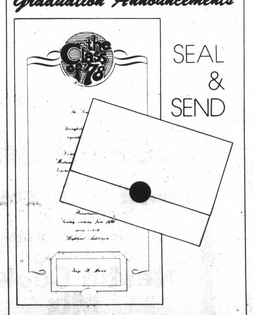
Graduation Announcements



Graduates! This is just one of the exciting graduation announcements we offer. Let us show you our entire line.
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MR. AND MRS. CLYDE HAMLIN
Celebrate 57th Anniversary

Mr. and Mrs. Clyde Hamlin celebrated their 57th wedding anniversary Monday.

They were married January 16, 1921. They have four children, 13 grandchildren and 6 great grandchildren.

YOUNG HEARTS CLUB TO MEET JANUARY 26

The Young Hearts Club will meet Thursday, January 26th, at 10:30 a.m. at Red Oak Baptist Church, Oakville.

This will be their first meeting of the new year and would like to have a large attendance to start the new year right. They are still having their weighing contest to see who has lost or gained the most pounds. There will be a free gift for all members.

Please meet at Memorial United Methodist Church at 10 a.m. so everyone will have a ride.

If there is snow, the meeting will be cancelled.

WOW TO MEET

Camp 71 of the Woodmen of The World will meet on January 24 at 7:30 in the evening at the W.O.W. Hall. This will be a make-up meeting for the regular meeting which was cancelled because of bad weather conditions.

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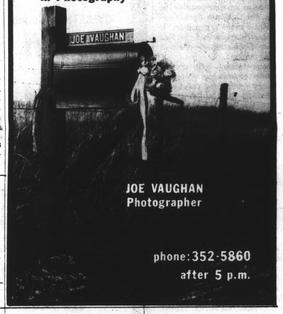

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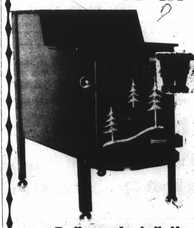

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